

## CLAIMS

1. A composition for improving peripheral blood flow,  
comprising, as an active ingredient, an extract of a plant of the  
5 genus *Lepidium* of the family *Cruciferae*.

2. The peripheral blood flow-improving composition  
according to claim 1, wherein the plant of the genus *Lepidium* of the  
family *Cruciferae* is maca (*Lepidium meyenii* Walp).

3. The peripheral blood flow-composition according to  
10 claim 1, containing a maca extract as an active ingredient.

4. The peripheral blood flow-composition according to  
claim 3, wherein the maca extract is obtained by adding an aqueous  
ethanol solution to a crushed maca product, and by maintaining the  
mixture at 40 to 85°C for extraction.

15 5. A food and beverage product, perfume and cosmetic, or  
pharmaceutical product containing the peripheral blood flow-  
composition according to any of claims 1 to 4.